

GET UP & GROW!



SOURCE: United States Department of Agriculture

RATE YOUR CHILD'S FOOD AND FITNESS HABITS

Is your child a healthy eater or a snack food junkie? Find out by answering the following questions about your child's food and fitness habits. Be sure to check specifics with your child's doctor or nurse, or a registered dietitian.

Answer "Yes" if the statement applies to your child most of the time; select "No" if it applies to your child only occasionally or not at all.

- ▲ 1. My child eats at least 6 servings from the *Bread, cereals, rice & pasta* group every day.
☐ Yes ☐ No
- ▲ 2. My child's selections from the *Bread, cereals, rice & pasta* group include several servings of whole-grain foods like whole-wheat bread, oatmeal, and brown rice.
☐ Yes ☐ No
- ▲ 3. My child eats at least 3 servings from the *Vegetable* group every day.
☐ Yes ☐ No
- ▲ 4. My child eats at least 2 servings from the *Fruit* group every day.
☐ Yes ☐ No
- ★ 5. My child eats at least 2 servings from the *Milk, yogurt & cheese* group every day.
☐ Yes ☐ No
- ◆ 6. My child eats at least 2 servings from the *Meat, poultry, fish, dry beans, eggs & nuts* group every day, mostly prepared using lowfat cooking methods like grilling, broiling, or stir-frying.
☐ Yes ☐ No
- ★ ◆ 7. My child drinks soft drinks *less than* three times a week.
☐ Yes ☐ No
- ◆ 8. My child eats candy and sweet desserts like cakes, cookies, and pies *less than* three times a week.
☐ Yes ☐ No
- ★ ◆ 9. My child participates in *less than* three hours of TV watching, video game playing, or computer time each day.
☐ Yes ☐ No
- ★ ◆ 10. My child's school day includes a physical education or gym class every day.
☐ Yes ☐ No

RESULTS

Let's Tally: If you answered "No" to any of the above questions, flip this quiz over for some nutrition and fitness pointers.

If you answered "No" to any of the blue star questions, check out "Count on Calcium" for helpful tips on building healthy bones.

If you answered "No" to any of the orange triangle questions, check out "Give Me Five" for pointers on getting plenty of fruit, vegetables and fiber.

If you answered "No" to any of the green diamond questions, check out "Weighty Issues" to help your child maintain a healthy weight.

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★ COUNT ON CALCIUM



Calcium is especially important during the growing years when kids have limited time to build up their “bone banks” and reach full bone mass and height potential. According to the 1999 American Academy of Pediatrics (AAP) policy statement, most kids don’t get the calcium they need.

How many servings does your child need each day?

Age	Calcium Needs	Milk Group Servings
4-8	800 mg	
9-18	1,300 mg	

SOURCE: National Academy of Sciences

The AAP statement recommends a daily diet that includes milk, yogurt, cheese, and other calcium-rich foods. Drinking milk is one of the best ways to get calcium and it’s packed with eight other essential nutrients including vitamin D, which helps the body absorb calcium. Try some of these tips to help your child grow strong and healthy bones:

AT BREAKFAST...

- Serve hot or cold cereal with lowfat milk.
- Top pancakes or waffles with fruit-flavored yogurt.
- Serve a glass of lowfat chocolate milk with whole-wheat toast topped with a thin layer of peanut butter.
- Whip up a breakfast smoothie with bananas, strawberries or blueberries, yogurt, and lowfat milk.

AT LUNCH...

- Let your child dunk baby carrots, cucumbers, or broccoli pieces into a yogurt-based dip.
- Add a slice of cheese to sandwiches or burgers.
- Pack a thermos of chocolate milk for lunches on the go.

FOR SNACKS...

- Make popsicles out of yogurt or flavored milk.
- Put cheese and apple slices on cinnamon-raisin bread.
- Wrap string cheese in a tortilla and heat in the microwave.
- Heat a mug of lowfat milk mixed with chocolate syrup for instant hot cocoa.

AT DINNER...

- Serve macaroni and cheese—try mixing in chicken, tuna or beef pieces.
- Bake a potato and top it with cheese and broccoli.
- Keep a pitcher of lowfat milk on the table for all family members to enjoy.

ALL DAY LONG...

- Encourage your child to be active. Weight-bearing exercises help to build strong bones. Check out “Weighty Issues” for more tips.

Banana Bonanza Shake

Makes one 8-ounce serving

- 1 cup of lowfat chocolate milk
- 4 frozen chocolate milk cubes*
- 1 banana, peeled and cut into chunks

*Pour chocolate milk into an ice cube tray the night before and freeze to make chocolate milk cubes. Combine chocolate milk, chocolate milk frozen cubes, and banana chunks in blender. Blend until smooth and enjoy!

Nutrition Facts per Serving: Calories: 187, Fat: 4g, Protein: 7g
Carbohydrates: 33 g, Calcium: 217 mg (21% DV)



▲ Give Me Five!



A whopping 91 percent of kids ages 6 to 11 do not meet the 5-a-day fruit and vegetable recommendation. Eating at least 2 fruits and 3 vegetables every day is important because they provide essential vitamins, minerals, fiber, and other components that may help protect kids from future health problems such as heart disease and cancer. Help turn your child on to eating a variety of 5 fruits and vegetables every day:

START THEM OFF RIGHT. Kids who eat breakfast are more likely to meet their daily vitamin and mineral needs and do better in school. Add strawberries to cereal and milk, top waffles with fresh berries, or add banana slices to a piece of toast with peanut butter.

SNEAK 'EM IN. Add grated carrots and chopped sweet peppers to pasta sauce; toss dried fruit into salads; bake quick breads using pumpkin, zucchini, or ripe bananas.

SAVOR THE FLAVOR. Simmer green beans in chicken broth; toss fresh herbs like dill on baked potatoes; eat fresh fruits like peaches and plums when they’re in season.

KEEP THEM HANDY. Stock your refrigerator with fresh fruits such as grapes, apples, and pears for a quick and convenient snack or buy baby carrots that are pre-washed and pre-peeled; keep both on an easy-to-reach shelf in your refrigerator.

Record your child's growth here

Date	Height	Weight

◆ WEIGHTY ISSUES

Today, one out of five children is overweight or obese, increasing their risk for stroke, hypertension, diabetes, and other chronic diseases later in life. Part of the reason why is they aren’t as active as they used to be, and they are eating too many foods from the top of the Food Guide Pyramid that provide few nutrients and lots of calories like candy, soft drinks, and fried foods.

Help your child achieve a healthy body weight by limiting foods in the Fats, Oils & Sweets category and encourage him or her to be active at least 60 minutes every day with these “get up and grow” tips:

- ▶ Play games like tag and hide-and-seek
- ▶ Ride bikes
- ▶ In-line skate, skateboard, or ice skate
- ▶ Swim
- ▶ Go sledding
- ▶ Walk the dog
- ▶ Dance
- ▶ Climb a tree
- ▶ Jump rope
- ▶ Play soccer



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For more information check out www.whymilk.com and www.nutritionexplorations.org or www.nichd.nih.gov/milkmatters